

Farro with a Tennessee Twist

Makes: 6 Servings

“My inspiration for this recipe was a soup my mom makes. My sister and I adore this soup,” says Evie. “So, I decided to make a version of the soup as a salad that would be easier to take to school in a lunchbox. I was also inspired by the local farmer’s market here in Knoxville, TN. The farmer’s market has food trucks, pastries, vegetables, meat, and more! I love the salad by itself, but it would also be tasty with my dad’s grilled salmon.”

Ingredients

For the Salad:

- 1 1/2 cups** farro
- 2 tablespoons** olive oil
- 2** garlic cloves, peeled and roughly chopped
- 1** small bunch dinosaur kale or your favorite variety of kale, stems removed and leaves sliced into strips
- 3** stalks celery, chopped
- 5** green onions (scallions), white and light green parts only, chopped
- 1 pint** grape tomatoes, halved
- 2** (15-ounce) cans white beans, drained and rinsed
- 3/4 ounce** fresh mint, chopped
- Salt and pepper to taste
- 5 ounces** shaved or shredded Parmesan cheese

For the Buttermilk Dressing:

- 1 cup** buttermilk
- Juice of 1 lemon
- 6 tablespoons** olive oil
- 2 tablespoons** honey
- Salt and pepper to taste



Nutrition Information

Nutrients	Amount
Calories	611
Total Fat	19 g
Saturated Fat	6 g
Cholesterol	17 mg
Sodium	368 mg
Total Carbohydrate	83 g
Dietary Fiber	12 g
Total Sugars	11 g
Added Sugars included	5 g

Directions

1. **To make the Salad:** In a medium saucepan, bring 4 cups of water to a boil. Add the farro, reduce the heat to low, cover, and cook until tender, 20 to 30 minutes. Set aside to cool.
 2. **In a large sauté pan,** heat the olive oil over medium heat. Add the garlic and cook for 1 minute. Add the kale and cook for about 5 minutes, or until wilted. Add the celery, green onions, tomatoes, white beans, and mint and cook for about 10 minutes. Season to taste with salt and pepper. Set aside to cool.
 3. **To make the Buttermilk Dressing:** In a small bowl, whisk together all of the ingredients.
 4. **Drizzle the dressing** over the salad and mix well. Top with Parmesan cheese.
- The 2015 Healthy Lunchtime Challenge Cookbook